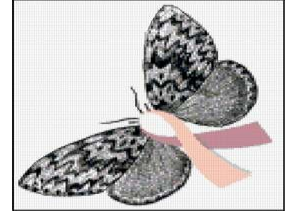


# Breast Cancer Awareness



**INTERNATIONAL  
WALK  
TO  
SCHOOL**

**INTERNATIONAL  
WALK TO SCHOOL  
OCTOBER 5**

Walking is free, convenient, enjoyable and does not require special equipment or training. In addition, it is a great way for adults and children to be active. Not enough exercise can cause major chronic illnesses and sometimes death. Some great reasons to walk to school include: less traffic, safer streets, cleaner air, but the best reason is children and parents will be healthier.

Join kids and families around the globe to walk and bicycle to school in October!

Breast cancer develops when malignant (cancer) cells form in the tissues of the breast. It is a heterogeneous disease, which means it is different for all women. Breast cancer is the second leading cause of death for women in the United States. Some common signs and symptoms of breast cancer include:

- ~A change in how the breast or nipple feels
- ~A change in how the breast or nipple looks
- ~Nipple discharge

The stages of breast cancer are based on four characteristics:

- ~The size of the cancer
- ~The cancer is invasive or non-invasive
- ~Whether cancer is in the lymph nodes
- ~Whether the cancer has spread to other parts of the body beyond the breast

Early Detection Plan:

- At age 20: perform breast self-exams and look for any signs of change
- Age 20 to 39: schedule clinical breast exams every three years
- By age 40: have a baseline mammogram and annual clinical breast exam
- Age 40 to 49: have a mammogram every one to two years ( depends on previous findings )
- Age 50 +: have a mammogram



Questions about Breast Cancer?

1-800-4-CANCER

- or -

Contact: St. Mary's Good Samaritan

Centralia (618) 436 - 8000  
Mt. Vernon (618) 242 - 4600

AND/OR

Salem Township Hospital  
(618) 548 - 3194

## Eat Better, Eat Together

'Eat Better, Eat Together' is an effort to change the way adults and children feel about dinner-time.

When adults and children eat together:

- children do better in school
- children have fewer problems with behavior
- teenagers are less likely to use alcohol or drugs
- communication is no longer a barrier between children and adults
- children start to realize their family's values and traditions
- traditions are created while at the dinner table



## 10 Tips for Quality Family Needs

1. Aim for four or more meals a week
2. Make family meals a priority
3. Deep sense of humor and laugh a lot
4. Cook it quick and eat it slow
5. Work toward happy conversations
6. If time is an issue, make meals quick and easy
7. Shop for food together
8. Take telephone calls later
9. Turn the television off
10. Respect each family member's right to eat

## September 2011 Statistics

### Clinics

<b>Blood Pressure / Blood Sugar Clinics</b> .....	7
Blood Pressure Screenings.....	19
Blood Sugar Screenings.....	7
<b>Lead Screening</b>	
Number of persons tested.....	124
<b>Paternity Testing Clinics</b> .....	3
Number tested.....	16
<b>HIV Test</b> .....	5

### Immunizations

<b>Number of Clinics</b> .....	7
No. of persons immunized.....	247
Total vaccines administered.....	262
<b>Children's Immunizations</b>	
Pediatric Flu.....	84
Hepatitis A.....	8
<b>Adult Immunizations</b>	
Hepatitis A ( <i>number started</i> ).....	5
Hepatitis B ( <i>number started</i> ).....	6
Flu.....	625
Meningitis.....	14
MMR.....	3
Pneumonia.....	11
TD.....	9
Tdap: Adacel.....	14
Typhoid.....	8
Yellow Fever.....	3
Zostavax.....	0
<b>Other Immunizations</b>	
Gardasil ( <i>number started</i> ).....	1
Varicella.....	1

### Nursing

<b>Sexually Transmitted Disease</b>	
Chlamydia.....	15
Gonorrhea.....	6
Syphilis.....	1
<b>Communicable Disease Investigations</b>	
Chickenpox.....	0
Cholera.....	0
Hepatitis B.....	0
Hepatitis C.....	1
Malaria.....	0
Salmonellosis.....	4
Strep Pneumoniae.....	0
Whooping Cough ( <i>Pertussis</i> ).....	0
<b>Tuberculosis</b>	
Tests Administered.....	141
New Prophylactic Patients.....	0
New Investigations.....	1
New Active Cases.....	0
<b>Family Case Management:</b>	
Pregnancy Testing.....	3
Positive.....	3
Negative.....	0
Prenatal Clients.....	75
Infant & Child Clients.....	515
Number of Visits.....	245
Prenatal.....	59
Postpartum.....	34
Infant Visits.....	115
Child Visits.....	212
SIDS Investigations.....	0
APORS Investigations.....	5
Health Works Active Case Load.....	59
Active W.I.C.....	1383
Clients receiving education.....	296
<b>Vision &amp; Hearing</b>	
Number Vision Tested.....	1
Number Hearing Tested.....	1
Number Vision Referrals.....	0

### Environmental Health

<b>Food</b>	
Routine Inspections.....	31
Follow-up Inspections.....	7
Complaint Inspections.....	0
Temporary Inspections.....	0
Pre-Operational Inspections.....	0
Emergency Incident Inspections.....	0
Number of Permits Issued.....	57
<b>Sewage</b>	
Routine Inspections.....	11
Complaint Inspections.....	1
Realty Inspections.....	1
Sewage Systems Installed.....	10
Number of Permits Issued.....	5
<b>Water</b>	
New System Inspections.....	0
Existing Water Well Inspections.....	0
Realty Inspections.....	0
Complaint Inspections.....	1
Water Wells Sealed.....	0
Number of Permits Issued.....	0
<b>Tanning</b>	
Routine Inspections.....	1
Follow-up Inspections.....	0
Complaint.....	0
<b>Body Art</b>	
Routine Inspections.....	1
Follow-up Inspections.....	0
Complaint.....	0
<b>Miscellaneous</b>	
Animal Bites.....	4

## Marion County Health Department

118 Cross Creek Boulevard | Salem, Illinois 62881 | p 618.548.3878 | f 618.548.3866

1013 North Poplar | Centralia, Illinois 62801 | p 618.532.6518 | f 618.532.6543

Elizabeth Franczyk, MD

Richard Haney

Pamela Hawkins, RN

Stan Morrison, DDS

Mike Morton, RPh

Aziz Rahman, MD

Keith Kessler

Paula Strother, RN

Tom Turner